

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

STARRED QUESTION NO:303
ANSWERED ON:11.12.2002
RESEARCH ON SOFT DRINKS
NIVEDITA MANE;SADASHIVRAO DADOBA MANDLIK

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the Government are aware that several scientific researches carried out in America and European countries have established that soft drinks are injurious to health and cause headache, blindness, mental disorders, etc.;
- (b) if so, the details thereof; and
- (c) the reaction of the Government thereto?

Answer

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRI A. RAJA)

(a)to(c): A statement is laid on the table of the Lok Sabha.

STATEMENT REFERRED TO IN REPLY TO LOK SABHA STARRED QUESTION NO. 303 FOR 11.12.2002

Studies indicate that excessive consumption of soft drink, and lesser or non-consumption of milk, as also of fruits and vegetable juices, leads to many health problems. Excessive consumption of soft drink provide extra sugar, calories, caffeine acids, etc. at the same time lower consumption of milk, etc. does not provide the required minerals and vitamins thereby causing different health problems.

These studies have largely analyzed the consumption patterns in the societies of developed countries.

No such study has been carried out in India. The situation in India is very different because the per capita consumption of soft drinks is negligible and there is greater emphasis on drinking milk.

Safety parameters have been laid down in the Rules under the PFA Act, 1954 which provide limits for sugar, caffeine, acids, etc.

Current global trends indicate milk consumption is gradually decreasing and intake of soft drinks is rising. There is a need to promote the consumption of more milk and natural fruit juices even in this country.